

# Nutrition Facts

Servings: 6

Amount per serving

**Calories** **264**

**% Daily Value\***

**Total Fat** 11.5g **15%**

Saturated Fat 1.4g **7%**

**Cholesterol** 0mg **0%**

**Sodium** 321mg **14%**

**Total Carbohydrate** 33.8g **12%**

Dietary Fiber 3.1g **11%**

Total Sugars 1.5g

**Protein** 7.6g

Vitamin D 0mcg **0%**

Calcium 43mg **3%**

Iron 3mg **15%**

Potassium 227mg **5%**